

President's Message

Come join the greatest show on earth!

Dear Members,

VDHA has completed another successful fall House of Delegates meeting! Congrats and thank you to all of the participants, your hard work continues to make this meeting a very prosperous event each year. The executive board completed a wonderful post-HOD meeting and there was much to talk about.

One of the major topics of discussion at the board meeting was to encourage all members to take an active role in supporting the VHyPAC which is the political action committee for Virginia hygienists. VHYpac helps to fund efforts necessary to gain support by legislators at the capitol. In order to progress our profession, I urge each and every one of you to donate to our VHyPAC quarterly to continue the success of legislative efforts! If you are interested in donating, please contact VHyPAC director Maureen McCann at mccannlik@aol.com.

This year the VDHA Foundation was very generous in its support of the dental hygiene student delegates/pages, professional member attendees, and board members at the VDHA House of Delegates. The student delegates performed exceptionally and represented their voice on the house floor very well. In addition, we had many former student delegates (now graduates) who attended as professional members/delegates for their components! The Foundation allows for our association to do remarkable work, and I speak for many when I express our gratitude. If you are interested in donating to support this amazing organization, please contact Marge Green at mgreenrdh@gmail.com.

Each and every one of you has an opportunity to make a difference within this association and profession. For those of you who may not have seen the movie *The Greatest Showman*, it is a musical film that is based around the story and life of PT Barnum and how he began the circus. As with any movie, there are embellishments however there is an underlying message of positivity, individuality, and team work that is showcased throughout. Whether you're a trapeze artist, tightrope walker, animal trainer, or magician, use your skills and make the choice to step up within your association to represent the voice of your profession!

Remember, "Nobody ever makes a difference by being like everyone else." - PT Barnum, *The Greatest Showman*

Emilie M. Bonovitch, RDH
VDHA President 2018-2019

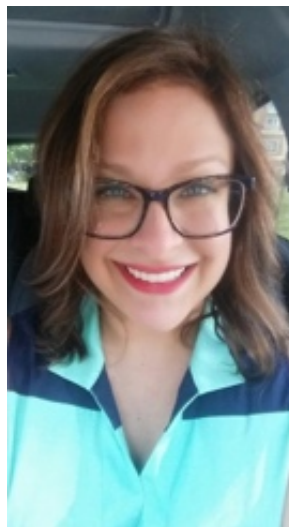


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Upcoming Events

Executive Board Meetings

January 26, 2019 ZOOM

April 13, 2019 ZOOM

Ignite VDHA Leadership Workshop

November 10, 2018 Charlottesville, VA

SAVE THE DATE!

IGNITE!

November 10, 2018 Charlottesville, VA

Spring Scientific Session

2019 March 22-24 Chantilly, Virginia



Join us on Facebook!

<https://www.facebook.com/groups/vdha.net>

Component News & Reports

Greater Richmond

Greater Richmond Component contacts

Christian Waterman- Chair -- watermanrdh@gmail.com
Heather Tuthill- Trustee/Financial Liaison -- herrerahm29@gmail.com
Amber Mosby- Secretary-- amber9ski@comcast.net



Welcome Luncheon: On August 17th, we held our annual Welcome Luncheon for the VCU Dental Hygiene students. We enjoyed meeting the students and introducing them to their local component



House of Delegates: A big thank you to our Greater Richmond Delegation: Susan Reid-Carr-Trustee and delegates Erin Fox, Amber Mosby, Marlene Rhodes, Heather Tuthill and Christian Waterman. Our VCU student delegates Linda Blackburn and Missy Stowe. We had additional guidance from Melanie Bartlam (Past VDHA President), Susan Pharr (PHEPA Co Chair) and Emilie Bonovitch (President-Elect).

Celebration of NDHM: On October 6th, GRDHC hosted a wine tasting event at James River Cellars Winery to celebrate National Dental Hygiene Month!



Upcoming Events:

****Our next Greater Richmond Board meeting will be Monday, November 5th at 6:30pm in the Short Pump Wegman's Food Court area. All are welcome, hope to see you there!****

**** Our next continuing education course will be on Thursday, November 8th at 6:00pm at the Henry Schein Building, 452 Southlake Blvd, Richmond, VA 23236. Topics include time saving strategies for RDHs and new protocol for subgingival and guided biofilm therapy.**



CONGRATS!!
To our Greater Richmond members who are newly elected President Emilie Bonovitch and President-Elect Erin Fox. We could not be prouder of our members!

Monticello

Component 06 Monticello participated in a very engaging, productive and successful 65th VDHA House of Delegates, October 11-14, 2018 at the Four Points Sheraton in Midlothian, VA. Our very own member Mimi Magyar completed her term as president and has begun her tenure as immediate past president (IPP). Our delegation consisted of delegates Betsey Soulsby and Paula Knight. Student delegates from Germanna Community College, Mikayla Pritchett, Savannah Thomas and Trustee Evelyn Grant. Speaker of the House was our communication coordinator Nicole Fischer Wells. Sheri Moore our financial liaison and VDHA treasurer was also in attendance.



From left to right: Betsey Soulsby, Paula Knight, Mikayla Pritchett, Savannah Thomas, Evelyn Grant, Nicole Fischer Wells, Mimi Magyar



Sheri Moore, 3rd from the left and right (in the middle)

Northern Virginia

NVDHA congratulates VDHA on a very successful and productive HOD. Thank you to our delegates, Cathy Berard, Uswa Arain, Tammy Goswick, Nancy Martin, Catherine Johnson, Betsy DiSilvio and Janis Slezak. Every year we learn from our student delegates from NVCC, Maria Camacho-Ball and Anna Smirnova. They gave us very valuable feedback to help with membership retention and student conversion after graduation. We would like to congratulate Deirdre Kane for winning the Component Award. Deidra has been instrumental in serving the Head Start program and continues to visit area schools.



Our Kick off CE featured our own Kelly Tanner “Choices and Challenges”. OSHA update was a huge success with Dr. Louis DePaola. November 14th. Amy Kinnamon will speak on the 2018 AAP Classifications with Proctor & Gamble sponsoring. January 16th, Kami Piscitelli, BSDH, RDH will be speaking on “Treating Individuals with Special Needs. February 13th, Kim Farley will review “Medical Marijuana: Breaking the Stigma”, and lastly, April 17th, Patrick Plunkett will instruct “Meditation in Dental Settings”.



Fall 2017 with second year dental hygiene students from NVCC, Julie Glenn Phillips and Deidra Kane. It's their annual outreach event with the hygiene students providing oral health education classroom visits to 153 Head Start children in Alexandria.

Northwest Virginia

Northwest Component 10
President – Kate Hoffman
Vice President – Megan Hill
Secretary – Lori Ellington
Treasurer – Karen Avey
Trustee – Linda Gill

Ryan Maphis and Mary Morales from the Lord Fairfax Community College site of the Virginia Western Community College Dental Hygiene Program served as pages for the 2018 House of Delegates. Component #10 sent Kate Hoffman and Carly Piercy as Delegates, Maureen McCann as an alternate Delegate and Linda Gill as Trustee to the House of Delegates. Everyone was energized by the presentation given by our ADHA District III Trustee, Dawn Dean!



Left to right; Maureen McCann, Kathryn Huff (VWCC), Emily Wilson(VWCC), Linda Gill, Kate Hoffman, Carly Piercy, Mary Morales(LFCC), Pam Kitner and Ryan Maphis(LFCC).



Outstanding Member- Northwest Component Linda Gill with Kate Hoffman President Component 10.

Please join us on the third Thursday of every month at Sal's Bistro in Edinburg!

Submitted, Linda Gill, Trustee Northwest Component #10

Peninsula

We welcome the new season of Autumn with gratitude for Pres. Magyar's team leadership and congratulate VDHA President, Emilie Bonovitch and her 2018-2019 administration. We look forward to completing the calendar year with Nov. 13th CE on "Pain Demystified: Why the old ways of treating migraines don't work." and a December Holiday Social event. Event plans finalized for the new year include business meetings, a Jan. 31st CE sponsored by Hu-Friedy and an April panel presentation of expert dental hygienists practicing in the seven professional roles of the dental hygienist.



A round of applause for PDHC Delegation's collaborative participation in the 65th session of the VDHA House of Delegates: October 12-14, 2018

**Julie Martin
Marge Green
Christine Loehr,
TNCC Student Delegate
Christina Quiros
Rachel Royal
Kristen Wilkins,
TNCC Student Delegate
(left to right)**

CELEBRATED PENINSULA DENTAL HYGIENIST'S COMPONENT VOLUNTEERS



Dr. Denise Claiborne receives VDHA's *Patricia A. Golliday Award of Dedication*. Presented by President, Mimi Magyar (left)

Julie Martin, PDHC Chair Receives VDHA's *Component Outstanding Member of the Year Award*. Presented by PDHC Trustee, Marge Green (right)



Q: Whose dedicated to managing all the component's income and expense transactions?
A: Our Financial Liaisons.
Our brilliant VDHA Treasurer, Sheri Moore (center) supports this team's excellence.
Far right: Rachel Royal is PDHC's awesome Financial Liaison.



Piedmont

Greetings from the Piedmont Component! We are pleased to announce the revival of Component 05. This became official in August with the initiative of two new graduates, Kyla Kelleher and Chelsea Broce. The component currently holds 51 members. Kyla and Chelsea are excited to encourage and witness the growth of this component.



Kyla Kelleher and Chelsea Broce both attended the House of Delegates meeting in Richmond, VA where they served as delegates representing the Piedmont component. The two were able to meet many other inspiring members of the VDHA and now have the mentors and knowledge they need to facilitate this growth.



A meet and greet is planned for the beginning of 2019. This will allow for component members to come together to share their visions and ideas for CE courses, community service, professional development and, of course, fun!

The newly revived component looks forward to hosting their first CE course in early Spring of 2019.

Wishing you all an amazing year!

Kyla C. Kelleher, RDH

Trustee Kyla Kelleher, RDH.

Chair Chelsea Broce, RDH.

Southwest Virginia No submission at this time

Tidewater

Tidewater Component 03

Happy Fall from the Tidewater Dental Hygienists' Component 03! Currently, all are busy dodging hurricanes and planning future events. We are now providing registration and collecting CE fees for most events through the VDHA website, <https://vdha.wildapricot.org/>.

Several of our members attended this year's Virginia Dental Hygienists' House of Delegates. Our four delegates who represented Tidewater were: **Kelly Fox, Trish Pulaski, Angela Tye, and Donnell Proctor.**

Student delegates representing Old Dominion University were: **Carolyn Zani** and **Jenny Harkabus**. Student Delegates representing Danville Community College were: **Maria Avila** and **Taylor Minter.**



Recent activities include:

- 2 CE on Systemic Diseases and the Role of the Dental Hygienist" presented by Ken Marinak, DDS on October 18, 2018

To allow for appropriate planning, RSVP through the website is appreciated for the upcoming activities in 2018-2019:

- Holiday Social at Casual Pint, 3380 Princess Anne Road, #111, Virginia Beach at 6:30pm Thursday November 15, 2018. Hand painted wine glasses will be for sale - perfect for holiday gift giving!
- 2 CE Klar Voorhees presentation on orthodontics, January 2019.
- ODU Alumni Reception, February 23, 2019, Sheraton Oceanfront, 4:30-6:00pm
- 2 CE Sleep Apnea presentation, February 2019.

2018-2019 TDHC Leaders

Co-Chairs: **Kelly Fox** and **Mary Gray**

Trustee: **Meg Lemaster**

Financial Liaison: **Angela Tye**

Media Management: **Trish Pulaski**

Membership: **Kelly Fox** and **Emily Ludwig**

Follow us on Facebook <https://www.facebook.com/groups/tdha03/>.

Meg Lemaster, Trustee
Meglemaster92@gmail.com

Membership News

Happy Fall and greetings from the Membership team at the VDHA! **Graduates! The time is nearing to transition to your professional membership with the ADHA.** The ADHA offers great benefits designed to support, empower and develop you, as a professional! Transitioning is simple! Please visit the website or call membership services! The VDHA also looks forward to supporting you as our newest professional members! Transition deadline is December 1st!



With summer winding down, the VDHA hopes local components will take this time to create membership challenges and incentives to engage, inspire and retain new and potential members. Challenge yourselves, as leaders, to contact members and potential members. Gain feedback from new members on why they became a member and where they find value! Strive to engage every member and potential member with networking and CE opportunities. Really use social media to your advantage and show every hygienist what it means to be a VDHA and ADHA member!

If you have any questions regarding membership do not hesitate to contact Emily Ludwig or Jessica Suedbeck at eludw003@odu.edu or jsued07@gmail.com.

Best,

Emily Ludwig, RDH, MSDH and Jessica Suedbeck, RDH, MSDH
VDHA Membership Co-Chairs

VHyPAC News

I want to introduce the directors of the PAC. This committee consists of elected members from our House of Delegates who serve for two years and appointed members who serve as appointees for a one-year term. We have our returning directors: Jessica Elmore and Rhea Rossi, our newly elected (and former PAC director) Tracey Martin, our appointees Marlene Rhodes and Maureen McCann. I am serving as an appointed director and chair. We have an opening to serve and please contact me if you have an interest (540-246-5991).

So, what is the PAC all about? We are a critical tool in the advocacy for those candidates who serve in positions that are friendly to the issues of the profession of dental hygiene and the patients we serve. We rely on our lobbyist and his team to be advised on who we should make contributions to during election years. We are non-partisan. This year we donated to the following candidates and caucuses: Delegate Lashreese D. Aird, Delegate T. Scott Garrett, Delegate Robert D. (Bobby) Orrock, Sr., Senator George L. Barker, Senator Stephen D. Newman, House Republican Caucus, Joint Democratic Caucus and Senate Republican Caucus. We look for those who serve on committees that may benefit our profession and those we serve.

Our PAC dollars are in excess of \$3000 now and we are on-going in fund-raising. Every year we use the funds we have and start all over again. I have the following list of those who have become members of VHyPAC. We also thank the many of you all who contributed this year by purchasing the book Teeth, by Mary Otto, at our Scientific Session.

The Membership following categories have been suggested by our lobbyist: \$250 Leadership Circle, \$100 Champion, \$50 Advocate, \$35 Member, and \$20 Student membership. This is an annual membership and it can be on-going. I personally have to make contributions as I feel I can afford it. Others can afford a larger amount all at once. Know that any contribution you make will help us with our mission to educate legislators and the administration about professions concerns and interests. You may send your non-tax-deductible contribution at any time to:

Virginia Hygienist PAC(VHyPAC) C/O Commonwealth Strategy Group 118 North 8th St. Richmond, VA 23219. We hope to have a link to use PayPal in the future but for now send checks payable to VHyPAC.

Thanks, Maureen P. McCann, RDH, BSDH VHyPAC Director and Chair.

VHyPAC Roll Call: They have all become \$35+ members (some have contributed multiple times during the year (Scientific Session/SS, HOD, Fall): If I have missed anyone, I apologize. I do not have all the names who have sent directly to Commonwealth Strategy Group.

Julie Allen	Evelyn Grant	Margaret (Meg)Lemaster	Freddy Ridout
Melanie Bartlam	Sarah Grasty	J. Lichon	Rhea Rossi
Donna Beard	Marge Green	Maureen McCann	Sheila Sheats
Emilie Bonovitch	Tammy Goswick	Mimi Magyar	Julie Simms
Stacia Brooks	Meghan Hill	Kim May	Janis Slezak
Karen Carlisle	Pam Hill	Julie Martin	Dawn Southerly
Emily Comia	Catherine Q. Johnson	Margaret Martin	Kathy Starr
Irene Conolly	Antoinette Kahan	Tracey Martin	Maureen (Moe) Thompson
Betsy DiSilvio	Kyla Kelleher	Kimberly Mercer	Heather Tuthill
Jessica Elmore	Sharon Kennedy	Sheri Moore	Jennifer Zimmerman
Erin Fox	Pam Kitner	Susan Pharr	
Linda Gill	Joyce Kwiatkowski-Spieler	Susan Reid-Carr	

Thanks, one and all for your support and encourage those you know to be a part of VHyPAC. Look for our booth at Scientific Session.

Leadership News



You are invited to **Ignite 2018**

Sponsored by the
Virginia Dental Hygienists'
Association

Saturday, November 10

9 AM—3PM

Holiday Inn Monticello

Charlottesville

Keynote Speaker : Kelly Tanner, PhD(c), RDH

RSVP: <http://bit.ly/igniteVDHA2018>

Ignite is a workshop geared toward developing your leadership skills and putting your passion into practice with VDHA. Space limited to 20 additional potential leaders and will be offered on a first come, first serve basis.

YOU ARE INVITED!!

Space limited to 20 additional potential leaders.

The workshop includes the following:

- Developing your leadership with VDHA
- Transitioning your position within VDHA
- New to the association and would like to serve in a leadership capacity
- A new/emerging leader within VDHA

If interested, contact your Trustee or check out the link on the VDHA website.



ADHA Institute for Oral Health

Liaison, Catherine Berard, BSDH, RDH

Thank you all so much for helping Virginia reach our 2017-18 ADHA Institute for Oral Health Fundraising Goal of \$5,472. We actually surpassed it and raised \$6,644, which is absolutely amazing! Thank you all so much, our state raised the most money in our District (District III).

We each play an important role raising critical funds for the Institute for Oral Health (IOH) and promoting its programs -- and *your* foundation is launching new exciting initiatives *for you* this year! Please visit the IOH website to see the awards, grants and scholarships that are available to you.

IOH is sponsoring two separate giving campaigns this year: the Fall Giving Campaign which runs from now until the end of the year and the In Motion 5K Run, Walk, Fun Run. Any donations that you send in now will count toward the Fall Giving Campaign; any donations that you send after January 1st will count toward the In Motion 5K Run, Walk, Fun Run.

In Motion 5K: Run, Walk, Fun (will be entering its 4th year as the premier national fundraising event for the Institute) is a fun and easy way to gain support inside and outside the dental hygiene community. That campaign will kick off effective January 1, 2019.

We have raised \$250 this fall due to your wonderful support via the VDHA House of Delegates registration site, \$130 via a 50/50 raffle at the July VDHA Executive Board Meeting where the winner-Betsy DiSilvio donated her winnings back to IOH!

Our VDHA assigned goal for 2018-19 is \$7,308.00 so that leaves our remaining goal to achieve \$6,928. I am counting on each one of you to help us reach our goal once again this year!

Please contact me if you have any questions, and thank you so much for your continued support of IOH. Cathy Berard, 703-901-6983 (cberard1@msn.com)
PS- You can donate directly to ADHA IOH via the ADHA website or VDHA website or contact me and I can send you an envelope that you can use to send your donation directly into ADHA home office. VISIT www.adha.org/institute-for-oral-health to learn more!



Planning & Development Council News

66th Spring Scientific Session

of the Virginia Dental Hygienists' Association

March 22-24, 2019



Westfields Marriott Washington Dulles

14750 Conference Center Drive, Chantilly, VA 20151

Register online at vdha.net

Featuring:

- 16 HOURS OF CONTINUING EDUCATION
- VIRGINIA HYGIENE POLITICAL ACTION COMMITTEE (VHyPac) FUNDRAISER
- EXHIBITS/MARKETPLACE
- NETWORKING
- WEEKEND PACKAGE DEALS

Online Registration is being finalized at time of Curet publishing. Please check back if you are unable to find the link. Your association works hard to provide timely information.

SAVE THE DATE! 22-25 March 2019

This year will really be an exciting year for our Scientific Session 2019. Our speakers are great crowd pleasers and very dynamic. We have a new presenter, Dr. John Kwan and he will present information about the periodontal endoscope and microbiology. Friday afternoon we have none other than Betsy Reynolds, RDH, MS as a returning guest and her afternoon course will be "Diet Wars" discussing today's trends in relationship to our systemic health. We also will have Betsy for Saturday morning to present information on the "Stress Mess" and how it affects our health as well. Saturday afternoon, Patti DiGangi, RDH, BS, will present " Navigating Periodontal Care with 2018 Protocols Flow Chart". And, last but not least, we have another dynamite speaker we all love, Tom Viola, RPh, CCP discussing the medically compromised patient. This is the best meeting ever! Hope everyone will attend. Don't forget the dates 22-25 March 2019 at the Westfields Conference Center in Chantilly, VA. The facilities are so nice, the food is great, and we always have an amazing time. Just remember, you get 16 credits for the weekend!

I am singing my swan song to Continuing Education. I am so honored to have performed these duties for many years. Next to come along are two who have stepped up for a large task and I am proud of them for volunteering for this awesome position. Thank you to all of you that attended these meetings and for the love and support I have received. I am sad to step down, but it's time. Thank you all.

Sheila B. Sheats, RDH
Continuing Education Chair

Public Health, Education & Professional Affairs Council News

Co-Chairs: Cathy Berard, BSDH, RDH and Marge Green, RDH, MS

The Virginia Dental Hygienists Association (VDHA) recently submitted a letter to the Board of Dentistry in support of adding to the permitted duties of a dentist and dental hygienist the ability to perform the necessary screening tests to identify those at risk for diabetes. A CDT code already exists for this testing and many other states have language that permits such testing in dental offices. VDA has submitted a letter in support of this testing by dentists and dental hygienists as well.

VDHA also spoke in support of Department of Health Professions Director Dr. Brown to amend the Board of Dentistry legislative proposal to the Governor to add “or remote” supervision to §54.1-3408(J) and to add the Schedule VI topical drugs (which includes topical fluorides) addressed in §54.1-3408 (J) to §54.1-2722 F (g).



VDHA Foundation



VIRGINIA DENTAL HYGIENISTS' ASSOCIATION FOUNDATION HONOR ROLL REPORT OF GIFTS

January 1, 2018 through October 14, 2018

JEFFERSON CLUB

Northern Virginia Hygienists' Association
In memory of Patricia A. Golliday, RDH

PATRIOT CLUB

Cathy Berard

James H. Forsberg

In honor of the birthday of my daughter, Julie Simms

Marge Green

In honor of Sheila Sheats & Karen Avey

In honor of ADHA District III Trustee,

Dawn A. Dean, RDH, MSDH

Meg Lemaster

In memory of Michelle Darby

Nancy Martin

In honor of Brian Martin

Elaine Newland

In memory of Paul B. Summey II

Susan Pharr, BSDH, MPH

In honor of my VDHA colleagues

Sheila Sheats

Julie Simms

In honor of my dad, Jim Forsberg and in memory of Cynthia Forsberg, Ted and Vicki Simms

PATRIOT CLUB continued

Greater Richmond Dental Hygienists' Component

Monticello Dental Hygienists' Component

Tidewater Dental Hygienists' Component

Peninsula Dental Hygienists' Component

In honor of Julie Martin, Chair

DONOR CLUB

Julie Allen

Karen Avey

Melanie Bartlam

Dr. Patricia Bonwell

Stacia Brooks

Maria Camacho-Bell

Betsy Di Silvio

In memory of Judy Walsh

Linda Gill

Evelyn D. Grant, RDH, MBA

Catherine Johnson

Judith Knight

Joyce Kwiatkowski-Spieler

In honor of Volunteerism

Patricia MacDougall

DONOR CLUB continued

Sheryl Manion

Julie Martin

Margaret Martin

In memory of Robert F. Jackson, DDS

Maureen McCann

In memory of my father, Martin, who always encouraged us to reach for the stars!

Carolyn Moore

John & Sheri Moore

In honor of Jamie Davila

Elizabeth Peebles

Jackie Perry

Susan Pharr

In honor of my VDHA colleagues

Susan Reid-Carr, BS, RDH

Rhea Rossi

Janis Slezak

Kathy Cunningham Starr

In memory of Patricia Golliday, RDH

Moe Thompson

In honor of Woodrow Grayson Schmidt

Christina Tulloch

Southwest Dental Hygienists' Component

All contributions enable VDHA Foundation to continue to make a significant difference in the lives of many. Thank you to all who have contributed this past year to continue the work of the Virginia Dental Hygienists' Association Foundation. Your tax-exempt donation will be utilized in performing the charitable, educational, research and scientific activities of the association. If you would like to make a donation, please send it to: Marge Green, VDHA Foundation Treasurer, 1919 Old York Hampton Highway, Yorktown, VA 23692-4143

VDHA FOUNDATION SUCCESS

Each year the Virginia Dental Hygienists' Association Foundation funds two student delegates from all nine DH school's senior classes to attend the VDHA House of Delegates (HOD). This funding includes registration, meals and lodging. These student delegates are selected by their faculty.

Success story: Five of the 2017 HOD student delegates attended our recent 2018 HOD as full delegates. We took this opportunity to ask what factors motivated these recent graduates to join VDHA and become active in their component and VDHA.

The following are the questions and their written responses.

Q. Did your experience as a student delegate last year impact your decision to serve as a delegate from your component this year?

A. Absolutely! My experience as a student delegate had a huge impact on my willingness to be a part of the revival for component 05. It gave me insight into the realm of the VDHA and what it is all about. It made me realize that in order to stay passionate, I have to stay involved.

A. Yes, I feel as though being able to serve as a student delegate gave me insight for the upcoming HOD meeting. I had more understanding of what to expect and how to go about the full weekend

A. Being a student delegate greatly impacted my decision to serve as a delegate for the Greater Richmond Component this year. Having the opportunity to vote as a student delegate last year was really neat.

Q. Did your component encourage you to take this step?

A. All responded yes.

Q. In your leadership journey, what values motivated you to step up to this higher level of leadership?

A. The Greater Richmond Component awarded me the ADHA Future Leader Award during my senior year at VCU Dental Hygiene. I believe if someone is going to be a member of a group, he or she should stay involved and try to contribute wherever possible.

A. I really put an emphasis on quality patient care, and doing the best job I can in a clinical setting. If my work stopped when I left my job, I would not be striving for the best care possible for my patients. I want to know in my heart that I am putting forth an effort in every way possible to better the treatment we provide as Dental Hygienists and for me that means stepping up to create change where it is so desperately needed.

Q. Did a role model inspire you to advance yourself as a leader? If so, please describe how you were influenced?

A. I can't pin-point one person that inspired me to be a leader and revive component 05, but the strong, powerful women I met at HOD in 2017 really challenged my goals and made me want to be just like them one day.

A. Yes, watching the leaders in my component made me want to step up as a leader. They all work hard to put the time and effort into making the profession greater.

Q. Do you serve on your component board?

A. All serve on their component boards.

Q. If not, do you wish to?

A. NA

Q. Do you have someone in your component mentoring you?

A. All responded yes.

Q. What is your goal i.e., component chair, Trustee, legislative liaison, etcetera?

A. My goal is to eventually serve on the VDHA Executive Board. It would be an honor to someday serve as VDHA President.

Q. Do you think having VDHA Foundation fund student delegates encourages students to transition to full members, remain members and encourages participation on local or state boards post graduate?

A. I believe having VDHA Foundation fund student delegates greatly encourages students to transition to full members, remain members and encourages participation on local or state boards post graduate. Attending the HOD as a student delegate greatly influenced my decision to remain active in my local component and with the VDHA.

A. For sure. Without being a student delegate, I wouldn't have been exposed to the excitement and unity of the VDHA. I probably wouldn't be doing what I am today concerning leadership without my experience as a student delegate last year. I was very thankful for the opportunity.

Q. Are there changes VDHA could make to promote students to join their component or state board?

A. I believe the VDHA can best promote student involvement through their local components. Visits to the various dental hygiene schools in Virginia by local components is a great way to encourage involvement. Placing students on a VDHA Listserve may heighten student awareness and encourage more student participation

A. I think the VDHA should send active members or leaders to the Dental Hygiene schools across Virginia every year where involvement is low. The students would know more about VDHA and possibly want to join.

Q. What changes would you like to see in the dental hygiene profession and VDHA?

A. It would be great to see more male dental hygienists become involved with VDHA and its local components.

A. I want to see Mid-level provider come to Virginia at some point in my career.

** Through your generous support VDHA Foundation can continue to fund student delegates promoting commitment to their Association. As members, it is important for you to mentor recent graduates by encouraging them to convert to full ADHA membership reminding them that VDHA is the voice of their profession.



Former Student Delegates attending 2018 HOD as delegates
L-R Chelsea Broce, Amber Wilczynski, Christian Waterman, Uswa Arain, Carley Piercy,
Janis Slezak, Kate Hoffman, Kelly Fox, Denise Claiborne

Submitted By,
Trish MacDougall, RDH

Student Chapter News

Germanna Community College of Northern Virginia Community College

The GCC cohort of the NVCC Dental Hygiene Program has participated in several events over the semester. In late September, the entire class volunteered at the Adventist Medical Evangelism Network (AMEN) Free Clinic in Rapidan, Virginia. The students spent the day providing dental hygiene therapy and oral hygiene education to the community. In addition, the students attended a couple events that provided unique opportunities to network and collaborate with other medical professionals, including Dental Hygienists, Dental Assistants, Nurses, and more. First, several students attended the *VDHA House of Delegates and Professional Development Workshop* in Richmond, Virginia. This forum allowed the group to stay connected with their professional organization and its ongoing initiatives, while learning the process of how resolutions and bylaws get approved or referred. Also, the students participated in an *Interprofessional Collaboration Event*. This experience provided a platform to introduce different medical perspectives and was a wonderful networking/collaboration experience.

In addition to their active involvement in the community, GCC faculty are also supporting the local Dental Hygiene professionals by hosting a National Dental Hygiene Board Exam Review Course in late November. The review course will be held at the Lloyd Moss Free Clinic in Fredericksburg, VA and open to any Dental Hygiene students that meet the exam eligibility requirements.



Lord Fairfax Community College/Virginia Western Community College

The dental hygiene program at Lord Fairfax Community College in Middletown, VA a joint venture through Virginia Western Community College located in Roanoke, VA is pleased to welcome 18 dental hygiene students. The students come from all over the Shenandoah Valley region and commute from as far away as Madison and Leesburg. VWCC faculty deliver most of the didactic curriculum through real-time video lectures to the students enrolled at Lord Fairfax while labs and clinical experience take place at LFCC's campus. The Middletown campus is fortunate to have a state of the art 10-operator clinic where all services provided to patients are free. In May 2020, the class will graduate and begin their careers.



Northern Virginia Community College

As both October and National Dental Hygiene month come to a close, the second year dental hygiene students at Northern Virginia Community college have been busy and hard at work not only with clinic and coursework, but also with serving their local community by participating in volunteer events. Some students chose to attend Annandale Terrace Elementary School to perform oral health screenings and provide oral hygiene education to the children there. Other students volunteered in shifts at the local Alexandria Health Fair, providing individuals from the community with oral hygiene education and instruction, toothbrushes, floss and mouthwash, as well as information regarding services offered at NVCC's dental hygiene clinic. Students also volunteered at MVLE giving oral hygiene education to individuals with disabilities, and with the HEADSTART program educating children. These events proved to be rewarding and enriching experiences for the students.



[Second year students with Janice O'Brien, RDH after volunteering at Annandale Terrace Elementary School]



Second year students Anna Smirnova and Maria Ball, and first year students Karina Jimenez and Mercedes Valesquez were chosen to attend the Virginia Dental Hygienists' House of Delegates and VDHA leadership workshop alongside Ms. Elizabeth DiSilvio, RDH, MEd in mid October.

Submitted by Carmen Corbett, dental hygiene student, class of 2019

Old Dominion University

Dear Colleagues,

Happy Fall and greetings from the Old Dominion University (ODU) School of Dental Hygiene! The classes of 2019 and 2020 are working diligently in clinic and classes as the Fall semester is flying by! Seniors, Carolyn Zani and Jenny Harkabus, were excited to attend the VDHA's HOD and learn about leadership as well as network with other students and hygienists. Juniors, Amanda Case and Madie Moses, also attended the Professional Development Workshop at VDHA HOD. Two of our senior students, Lindsey Fulgham and Courtney Travis, are preparing to attend the VDHA's Ignite leadership workshop. ODU appreciates the VDHA foundation for its continued support of student leadership opportunities.

The ODU Student American Dental Hygienist's Association (SADHA) Chapter also recently participated in the Susan G. Komen Tidewater Race for the Cure on October 13, 2018. It was a great time for the students to get together outside of school and honor one of their faculty members by participating in the race! ODU's SADHA chapter is also working on many fundraisers and will be holding an event at Perfectly Franks restaurant, November 4th from 7-9pm on the ODU campus where 15% of the night's proceeds will directly benefit the ODU SADHA.



Above: Junior and Senior students with Associate Professor Tara Newcomb at the VDHA HOD



Above: Junior and Senior students and faculty honoring Ms. Sharon Stull at the

Respectfully submitted,
Emily Ludwig, BSDH, MS, RDH
Visiting Lecturer and SADHA Advisor

Ann M. Bruhn, BSDH, MS, RDH
Associate Professor and Interim Chair

Thomas Nelson Community College



First and second year hygiene students volunteer at the Smiles for Heroes Event, sponsored by Morrison Dental Group. From left to right: Danielle Wood, Cynthia Lee, Amy Lenk, Jessica Thacker, and Desiree Turner.



Student members of the American Dental Hygienist's Association, senior students, Christine Loehr (Vice President) and Kristen Wilkens (President), participate in the annual VDHA House of Delegates.

Virginia Commonwealth University

VCU SCADHA



The Greater Richmond component of the Virginia Dental Hygienists' Association welcomed the dental hygiene students at Virginia Commonwealth University with lunch, dessert, door prizes, and keychains!



All current VCU dental hygiene students were privileged to attend the VDHA House of Delegates on Friday, October 12th. Our SCDHA fundraiser at the event was very successful! Thank you for your continued support!

The VCU students worked diligently at the Grundy Missions of Mercy "MOM" project the weekend of October 6th. Below is a picture of the senior dental hygiene students that attended. The Homeless Connect MOM Project will take place on November 13th in Richmond, VA with VCU dental hygiene student's participating.



Our SCADHA chapter recently hosted the VDHA's newly elected president, Emilie Bonovich, for a lunch and learn on October 15th. Emilie Bonovich, a VCU dental hygiene graduate, discussed the importance of remaining active within the ADHA after graduation.

Wytheville Community College

Wytheville Community College Class of 2019 student delegates attended the VDHA's House of Delegates in October in Richmond.

Pictured below (from L to R) is Shannon Downs, SADHA Class President, Margaret Martin, Racychel Santangelo, SADHA Class Vice-President, and Sharon Kennedy.

The students enjoyed learning about VDHA and look forward to attending the Ignite session in November.



Additional News



A ***BIG THANK-YOU*** to Jackie Perry RDH, MS pictured with her family at the 2018 House of Delegates President Luncheon. Jackie has been an advocate for the advancement of dental hygiene in her local Tidewater Component 03, the state level and national. She has served as her component President, Trustee, VDHA President, treasurer, to name just a few of the many hats that Jackie has worn for our profession.

CONGRATULATIONS !!!!



Dr. Denise Claiborne recipient of the 2018 *Patricia A. Golliday Award*.



Susan Pharr recipient of the 2018 *Award of Dedication*.



Dawn Ann Dean, RDH, MSDH Award for Outstanding Contributions to the Association 2017-2018 District III, VDHA HOD Keynote Speaker.

A NEW CHAPTER



2018-2019 VDHA IPP Mimi Magyar, VDHA President Emilie Bonovitch and VDHA President Elect Erin Fox.

Photos submitted by Historian, Julie Martin

2018 – 2019 Officers, Councils & Committee Chairs

<p>President: Emilie Bonovitch</p> <p>President Elect: Erin Fox</p> <p>Immediate Past President: Mimi Magyar</p> <p>Vice President: Tracey Martin</p> <p>Treasurer: Sheri Moore</p> <p>Recording Secretary: Kate Hoffman</p> <p>Corresponding Secretary: vacant</p> <p>Speaker of the House: Nicole Fisher Wells</p> <p>Alt. Speaker of the House: Susan Reid-Carr</p>	<p style="text-align: center;">Administrative Council: (President Elect) Chair: Erin Fox</p> <p>Budget and Finance: Trish Macdougall</p> <p>Vice President: Tracey Martin</p> <p>Policy, Bylaws and Resolution chair: Julie Simms</p> <p>Committee member: Irene Connolly</p> <p>Procedure Manual: Tracey Martin</p> <p>Corresponding Secretary: vacant</p> <p>Recording Secretary: Kate Hoffman</p> <p>A.H. Williams Fund: Pam Kitner</p>
<p>Trustees:</p> <p>01-Northern Virginia: Julie Simms</p> <p>02-Greater Richmond: Heather Tuthill</p> <p>03-Tidewater: Meg Lemaster</p> <p>05-Piedmont: Kyla Kelleher</p> <p>06-Monticello: Evelyn Grant</p> <p>07-Peninsula: Marge Green</p> <p>09-Southwest Virginia: Sharon Kennedy</p> <p>10-Northwest: Linda Gill</p>	<p style="text-align: center;">Planning and Development Council Chair: Melanie Bartlam</p> <p>Spring Scientific Session Planning: Org Mgmt Group</p> <p>Continuing Education: Connie Simmons & Dana Myers</p> <p>Ways and Means: Karen Avey</p> <p>House of Delegates: Trish MacDougall</p> <p>Foundation Director: Chair- Mimi Magyar</p> <p>HOD Secretary: Amanda Kimball</p> <p>Foundation liaison: Irene Connolly</p> <p>Foundation Secretary: Cathy Berard</p>
<p>2018 ADHA Delegates</p> <p>Mimi Magyar, IPP, 1st delegate</p> <p>Emilie Bonovitch, Pres, 2nd delegate</p> <p>Cathy Berard, 3rd delegate</p> <p>Meg Lemaster, 4th delegate</p> <p>Kelly Fox, 5th delegate</p> <p>Erin Fox, PE, 1st alternate delegate</p> <p>Julie Martin, 2nd alternate delegate</p> <p>Jessica Suedbeck, 4th alternate delegate</p> <p>Emily Ludwig, 5th alternate delegate</p>	<p style="text-align: center;">Public Health, Education, and Professional Affairs Council: Co-Chairs: Cathy Berard and Marge Green</p> <p>Regulation and Practice: Heather Tuthill</p> <p>Board of Dentistry Liaison: Lauren Schmitt</p> <p>Lobbyists: Lauren Schmitt - lauren@commonwealthstrategy.net</p> <p>VHy-PAC Directors' chair: Maureen McCann</p> <p>Vhy-Pac Director (appointed): Tammy Goswick</p> <p>Vhy-Pac Director: Tracey Martin</p> <p>Vhy-Pac Director: Rhea Rossi</p> <p>Vhy-Pac Director: Marlene Rhodes</p> <p>Vhy-Pac Director: Jessica Elmore</p> <p>Public Health Committee: Susan Pharr</p> <p>VA Health Workforce Dev. Authority Liaison: Marty Sullivan</p> <p>VA Oral Health Coalition: Dr. Denise Claiborne</p> <p>Free Clinic Liaison: Catherine Johnson & Erin Fox</p> <p>Head Start Liaison: Deirdre Kane</p> <p>VA Rural Health Association Liaison: Dr. Rita Phillips</p> <p>Education committee chair: Meg Lemaster</p> <p>DH Educators' consortium liaison: Michelle McGregor</p> <p>VA Department of Health Liaison: Tiffany Wright</p> <p>Ad Hoc Committee Remote Supervision CE: Susan Pharr, Marge Green, Marty Sullivan, & Meg Lemaster</p>
<p>Member Services Council Chair – Julie Martin</p>	
<p>Membership Committee Co-Chairs: Emily Ludwig & Jessica Suedbeck</p> <p>VA SADHA Liaison Co-Chairs: Janis Siezak & Betsy Disilvio</p> <p>ADHA Educ. Network Liaison: Michelle McGregor</p> <p>Directory: Betsy DiSilvio</p> <p>Newsletter Editor: Moe Thompson</p> <p>Awards: Evelyn Grant</p> <p>Historian: Julie Martin</p> <p>Website Manager: Managed by OMG</p> <p>ADHA IOH Liaison: Cathy Berard</p>	
<p>Leadership Committee Chair: Kelly Tanner</p> <p>Members: Sheri Moore, Misty Mesimer</p>	

VDHA 2018-2019 Calendar

Spring Scientific Session

2019 March 22-24 Chantilly, Virginia

HOD and Professional Development Workshop

2019 October 24-27 Richmond, VA (hotel to TBD)

Executive Board Meetings

26 Jan 19 ZOOM

13 April 19 ZOOM

27 July 19 Charlottesville, VA

October TBD

Ignite VDHA Leadership Workshop

10 NOV 18 Charlottesville, VA

Quarterly Reports Deadline (two weeks prior to E.B. Meetings)

12-Jan-19

31-Mar-19

13-Jul-19

24-Aug-19

27 - Sept - 19 (if something to report, otherwise year end reports will take place August 24, 2019)

HOD Reports/Year End Reports TBD

Awards Nominations

20-Jul-19

Curet Deadline (two weeks following Executive Board Meetings)

February 9, 2019

April 27, 2019

August 10, 2019

Council Meetings: Council meetings should take place online and reports sent **two weeks prior** to the executive board meetings.

VDHA Foundation

Dates TBD—Will be announced and finalized later on.

ADHA Center for Lifelong Learning & Annual Session:

2019 June 19-24 Louisville, Kentucky

ADHA District III Meetings:

ADHA D3 Trustee-Delegation Chairs only

ADHA D3 Trustee Delegation Chairs only

ADHA D3 Delegates Orientation

ADHA D3 Reference Committee A

ADHA D3 Reference Committee B

ADHA D3 Reference Committee C

5 Dec 18 7-9pm ZOOM online

9 Jan 18 7-9pm ZOOM online

17 Feb 19 2-4pm ZOOM online

2 June 19 4-6pm ZOOM online

2 June 19 7-9pm ZOOM online

3 June 19 7:30-9:30pm ZOOM online

ADHA Executive Board Meetings:

ADHA Winter Board of Trustee Meeting

ADHA May Board of Trustee Meeting

ADHA Annual Conference BOT Meeting

March 22-23, 2019 ZOOM online

13 May 2019 ZOOM online

7 June 2019 ZOOM online

VOHC Summit

8-Nov-18

Unleashing Your Potential Weekend

November 16-18, 2018 Chicago, IL

Virginia Board of Dentistry-Regular Board Meetings:

26-Oct-18

December 14th, 2018

Richmond, VA

Richmond, VA

2018-2019 MOM Project Weekends- VDAF.org for details

Homeless Connect 13-Nov-18

Special Olympics 8-Jun-19

Wise July 12-13, 2019

VDA Annual Session

September 25-29 Richmond Marriott Downtown (Richmond, VA)

ADA and ADAA Annual Session

ADA 2018 October 18-22 Honolulu, HI

International Federation of Dental Hygienists

2019 Seoul, Korea

Our Mission

Lead the transformation of the dental hygiene profession
to improve the public's oral and overall health
and advance the science and practice of dental hygiene.

Our Vision

Dental hygienists are integrated into the healthcare delivery system as essential primary care
providers to expand access to oral health care.

Thank you to all who contributed information for this issue of the Curet.

Deadline for submission for the Winter Curet is February 9, 2019.

You may send submissions to moethompson@gmail.com

Contributions are requested to be no more than 1 page in length,
including photos and sent as an attachment in word doc, 12 pt Times New Roman font.